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In the United States Patent and Trade Mark Office

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In re application of : DANNY ADCOCK  
Title: EXERCISE DEVICE  
Serial Number: 10/537240  
Filed on : 26 November 2003  
10 Correspondence Date: 1 May 2009  
Examiner: LoAn H.Thanh  
Art Unit 3764

15 Amendment and Response to First Official Action mailed 23 January 2009 and to the  
advisory action dated 1 May 2009

Commissioner of Patents  
P.O. Box 1450  
20 Alexandria VA 22313-1450

Sir,

25 This amendment is in response to the office action mailed to the applicant on 1 May  
2009.

A Set out below is a complete listing of the claims.  
B The listing includes the text of all pending claims ( including withdrawn claims)  
C Each claim includes a status identifier.

30 Please amend the above application as indicated below:

In the claims:

35 1. ( DELETED) A device for the exercise of the musculature of the upper arm, said  
device adapted to provide a resistance force to the rotational movement about the elbow  
of the forearm towards the upper arm and wherein said rotational movement lies between  
the limits of approximately an angle of 90.degree. at the elbow and that angle between  
said forearm and said upper arm limited by contact between said forearm and said upper  
40 arm.

2. ( DELETED) The device of claim 1 wherein said device comprises telescopically